Guide to Standard Macrobiotic Diet

Kushi Macrobiotics Corp. Edition

Modified from the Original Version
of the Standard Macrobiotic Diet

By Michio Kushi

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Guide to Standard Macrobiotic Diet
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Introduction

Greetings to all who are interested in natural, organic, healthful foods for a better, healthier way of life. Along with thousands of associates and colleagues, we extend to you our gratefulness for your efforts to develop better quality food for the well being of society. Because we share your commitment to the same dream, we are pleased to introduce you to a new company called Kushi Macrobiotics Corp., a provider of the highest quality health and natural foods.

The company's products are sold under the Kushi Cuisine™ brand name, and follow the dictates of the Standard Macrobiotic Diet, which involve a healthy way of eating centered around whole grains, vegetables, and other unprocessed foods.

The Standard Macrobiotic Diet has been practiced widely throughout history by many civilizations and cultures, and in various modified styles. It is based not only on nutritional balance, but also on a deep understanding of biological and spiritual evolution, present-day environmental concerns, ancestral tradition and heritage, affordability and many other practical considerations. In modern times, the Macrobiotic dietary approach has often been misunderstood because of a lack of basic knowledge of its principles. Also, the unavailability of quality products and confusion regarding menu planning and preparation has limited its popularity.

Actual Macrobiotic dietary practice is very broad. In general, the guidelines presented here have been observed for thou-

sands of years, and have contributed to the individual health, happiness and harmony with the earth of millions of people. In recent times, this way of eating has been exercised under the banner of Macrobiotics by those wishing to attain better health and create overall well-being within modern society.

Standard Macrobiotic dietary practice is not a set, rigid diet, but rather a common sense, flexible pattern of eating that differs according to climate, environment, activity level and personal need. The goal of Macrobiotics is freedom—the ability to create and realize whatever we want in this life, as part of an endless personal journey. Standard Macrobiotic dietary practice provides variety and choice to prepare healthful, delicious, attractive meals suited to our unique requirements and needs.

Under the climatic environment of tempered, sub-tropical and tropical regions, a key principle of the Standard Macrobiotic Diet is the use of whole cereal grains as the staple, central food. On a day to day, meal to meal basis throughout the world, previous cultures and civilizations have recognized the importance of whole grains as the staff of life. In modern society, much of the grain in the diet has been largely replaced by non-cereal vegetables and meat, poultry, dairy food, and other high fat foods of animal origin (with its known potential harm to humanity's well-being in various degrees).

To reverse the trend towards biological degeneration, modern society has recently rediscovered the central importance of whole grains. In the last few years, most of the major medical and scientific associations around the world have issued dietary guidelines (e.g., the Food Guide Pyramid) calling for increases in the consumption of whole grains, vegetables and beans as well as foods containing complex carbohydrates and fiber. Corresponding recommendations have called for balanced caloric intake (to avoid under/overweight), maintaining a nutritionally adequate diet from a variety of food sources, and decreasing fats (particularly saturated fats), salt, and highly processed foods.

It is our endless dream, shared with you, that high quality food is essential to our existence and for the development of a healthy, peaceful world. We are grateful for your commitment

to a natural, healthy lifestyle and would be happy to hear from you regarding recommendations, suggestions and ideas as they relate to the company. Please write to us at any time:

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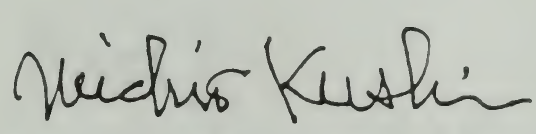


Part I
Basic Principles of the Standard Macrobiotic Diet

In comparison with currently practiced dietary habits in modern society, the Standard Macrobiotic Diet has the following general nutritional characteristics:

1. More complex carbohydrates, fewer simple carbohydrates.

2. More vegetable-quality protein, less animal food protein.

3. Less overall fat consumption, more unsaturated fat and less saturated fat.

4. A balance of various naturally occurring vitamins, minerals, and other nutritional factors.

5. Use of more organically-grown, natural quality food; more traditional food processing techniques and fewer artificial and chemically processed foods.

6. Consumption of as much food remaining in whole form as possible, and less of refined and partial foods.

7. Greater consumption of food that is rich in natural fiber, and less of food that has been devitalized by over-processing.

Variety of Foods

The practice of the Standard Macrobiotic Diet consists of a wide variety of foods:

Whole Grains and Grain Products

Soups

Vegetables

Beans and Bean Products

Sea Vegetables

Fish and Seafood

Fruit

Pickles

Nuts and Seeds

Snacks

Condiments

Garnishes

Seasonings

Desserts

Beverages

These foods have been commonly consumed throughout the world. The food selection, variety of food preparation, spectrum of cooking techniques, and wide range of combinations of foods serve to secure varying human requirements which differ according to the season, activity level, sex, and age, as well as environment, climate, tradition, and custom.

Variety of Cooking and Preparation Methods

For variety, aspects of daily cooking may be changed in the following ways:

1. The selection of foods within each category: whole grains and grain products, soups, fruit, vegetables, beans and bean products, fish and seafood, sea vegetables, nuts and seeds, condiments, pickles, beverages, snacks, garnishes, seasonings, desserts.

2. The methods of cooking: boiling, steaming, sautéing, frying, pressure cooking, and other traditionally used common cooking methods.

3. The ways of cutting vegetables: large chunks, medium slices, slivers, quarters, halves, half-moons, chrysanthemums, irregular shapes, etc., in addition to grating and mashing.

4. The amount of water used.

5. The amount of seasoning and condiments used.

6. The kind of seasoning and condiments used.

7. The length of cooking time (do not overcook or pressure cook vegetables, however).

8. The use of higher or lower flame in cooking.

9. The combination of foods and dishes.

10. Seasonal cooking adjustments.

11. Personal cooking adjustments.

GENERAL FOOD GUIDELINES

While the Standard Macrobiotic Diet features a wide range of flexibility, certain foods are customarily prohibited.

A. Customarily Prohibited:

1. Meat and meat products.
2. Dairy foods.
3. Eggs and poultry.
4. Hydrogenated, partially-hydrogenated fats/oils.
5. Irradiated foods.
6. Chemical and artificial additives, preservatives and sweeteners (e.g., saccharin).
7. Ingredients not naturally occurring in nature.
8. Refined sugar, fructose, sucrose and most other sweeteners with the exception of pure maple syrup, unrefined grain malts and syrups, and corn, beet and other unrefined vegetable sugars.
9. Foods in which refined products comprise more than 40% of the total finished product.
10. All supplements.
11. Tap and distilled water, except where the tap water source is a natural spring well.
12. Table salt, iodized salt.
13. Yeast and baking soda.
14. Conventional agriculture and cultivation that utilizes pesticides, fungicides, herbicides, chemical fertilizers

and other potentially harmful and unnatural substances.
15. High temperature processing.
16. Non-recyclable packaging.
17. Aluminum packaging, except coated aluminum.
18. Tropical products in temperate climate zones.
19. Products and/or food components that are environmentally or ecologically unsafe.

B. Generally Restricted:

1. Dolphin-safe and organic fish and seafood.
2. Wild and organic herbs and spices.
3. Organic nightshades.
4. Caffeinated beverages.
5. Traditionally produced bacteria.

C. Universally Approved:

1. Spring water.
2. Traditional and organic sea salts.
3. Most organic vegetables.
4. Most organic fruits.
5. Most organic seeds and nuts.
6. Organic and traditionally harvested sea vegetables.
7. Organic grains and beans.
8. Organic cold-pressed oils.
9. Traditional processing of approved products.
10. Environmentally safe, 100% recyclable packaging.

GENERAL GUIDELINES FOR COOKWARE AND EATING UTENSILS

A. Prohibited:

1. Most exotic and rare woods.
2. Aluminum, except when used as a coating.
3. Non-recyclable plastics and packaging.
4. Treated no-stick pans and cookware.
5. Formica.
6. Animal products.
7. Copper.
8. Products containing lead.
9. Disposable products.

B. Generally Restricted:

1. Recyclable plastics.
2. Enamelware.
3. Alloys other than stainless steel.
4. Electronic kitchenware.

C. Approved:

1. Bamboo with non-toxic finishes.
2. Common woods with non-toxic finishes.
3. Stainless steel.
4. Cast iron.
5. No-lead earthenware.
6. No-lead ceramics.

7. Recycled glass.
8. Unbleached and vegetable-dyed organic cotton products.
9. 100% recycled unbleached paper products with at least 15% post-consumer waste.

Food Preparation

Macrobiotic cooking is unique. The ingredients are simple though varied and cooking is the key to producing meals that are nutritious, tasty, and attractive. The cook has the ability to change the quality of the food. More cooking, the use of pressure, salt, heat, and time makes the energy of food more concentrated, which quick cooking and less salt preserve the lighter quality of the food. A good cook controls the health of those for whom she or he cooks by varying the cooking style often. Methods of cooking and food preparation include:

Regular Use	*Occasional Use*
Pressure Cooking	Stir-frying
Boiling	Raw
Steaming	Deep-frying
Waterless cooking	Tempura
Soup	Broiling
Pickling	Baking
Oil sautéing	Roasting
Water sautéing	Drying
Pressing	

Part II
Standard Macrobiotic Dietary Practice

The Standard Macrobiotic Diet is not designed for any particular person, nor for groups of people. It is designed to help improve the nutritional, physical and psychological health and the well-being of society in general.

The Standard Macrobiotic Diet:

1. **Whole Cereal Grains.** On the average, 50% by volume of every meal should include cooked, organically grown, whole-cereal grains (including pasta, no-yeast whole grain breads and other partially processed whole cereal grains), prepared in a variety of ways.

2. **Vegetables.** About 20 to 30% of daily intake may include organic vegetables (locally grown, if available) that are cooked in a variety of styles. It is advisable that green leafy round and root vegetables be consumed on a daily basis.

3. **Beans and Sea Vegetables.** About 5 to 10% of the daily Standard Macrobiotic Diet should include beans and sea vegetables. They can be cooked with other vegetables, used in soups, served as side dishes, flavored with moderate amounts

of soy sauce, sea salts, brown rice vinegar, plum vinegar and other garnishes, condiments and seasonings.

4. **Soups.** About 5 to 10% of the daily intake may also include soup made with vegetables, sea vegetables, whole grains and beans. Seasonings, such as miso or soy sauce can be used, but the flavor should not be too salty.

5. **Occasional Foods.** If desired, between 5 to 15% of a particular day's Standard Macrobiotic Diet can include fresh, non-fat, white-meat fish. This can be served several times a week. Desserts can be varied and can include fruit, including fresh, dried and cooked fruits. These may be served two to three times a week. Locally and organically grown fruits are preferred. Tropical fruits should be avoided in temperate climates. Fruit juices, particularly in warmer weather, are recommended for occasional consumption. Lightly roasted nuts and seeds may be enjoyed as a snack. Rice syrup, barley malt, etc., can be used as sweeteners, while brown rice vinegar, plum vinegar and many other seasonings can be used for a sour taste preference.

6. **Beverages.** Recommended daily beverages include a variety of natural teas, cereal grain coffees, spring and good quality well-water. A wide variety of organically based beverages can also be consumed.

7. **Condiments, Spices, Oils.** Cooking oil should be vegetable quality only. Seasonings are all vegetable quality and naturally processed. It is preferable to use unrefined sesame oils or stone-ground unrefined corn oils in moderate amounts. Salt should be naturally processed (avoid chemical processing), and should not contain additives. A wide selection of condiments are recommended for daily, regular and occasional use. They can be sprinkled on, or added in small amounts as an adjustment to suit individual taste, or as a nutritional supplement. Garnishes, including various radishes, scallions, ginger, red peppers, mustard, etc., can be used to balance quality taste and nutritional factors.

8. **Modifications.** In some instances, such as occasional requirements for nutritional balance or special social events, the Standard Macrobiotic Diet can be temporarily modified to include some other foods such as salmon, tuna, other red-meat or blue skinned fish, organic fertilized fowl's eggs, caviar, white-meat poultry, cow's skim milk, traditionally fermented cheese and yogurt, unrefined honey, maple syrup and beet sugar. However, regular use of these modifications to the Standard Macrobiotic Diet are not recommended.

Part III
Standard Macrobiotic Dietary Practice

Whole Grains

Use of Whole Grains and Grain Products

Regular Use:
Short-grain brown rice
Medium-grain brown rice
Long-grain brown rice (in subtropical regions)
Whole barley
Pearl barley (Hato Mugi)
Corn
Whole Wheat
Millet
Buckwheat
Whole oats
Rye
Other whole grains traditionally eaten in a four-season climate

Occasional Use:
Sweet brown rice
Wild rice
Pounded sweet rice (Mochi)
Cracked wheat (Bulghur)
Steel-cut oats
Rolled oats
Corn grits
Rye flakes
Couscous
Quinoa
Amaranth
Teff
Other grains and grain products

Occasional Use Flour Products:
Whole wheat noodles and pasta
Whole wheat noodles (Udon)
Whole wheat noodles (Somen)
Buckwheat noodles (Soba)
Unyeasted whole wheat bread or whole rye bread
Chapatis, tortillas, pancakes, and other flat breads
Puffed wheat gluten (Fu)
Wheat gluten (Seitan)
Cornmeal
Other flour products

Kinds of Whole Grains and Grain Products

Brown Rice:
Brown rice—short, medium, and long grain
Genuine brown rice cream
Puffed brown rice
Brown rice noodles
Brown rice bread
Brown rice crackers

Brown rice flour products
Brown rice flakes

Sweet Brown Rice:
Sweet brown rice grain
Pounded sweet rice (Mochi)
Sweet brown rice flour products
Sweet rice crackers and cookies

Wild Rice:
Wild rice grain

Whole Wheat:
Whole wheat berries
Whole wheat bread
Whole wheat chapatis and tortillas
Whole wheat noodles and pasta
Whole wheat flakes
Whole wheat flour products, such as crackers, matzos, muffins, bagels, biscuits, and others
Couscous
Bulghur
Cracked wheat
Wheat gluten (Seitan)
Puffed wheat gluten (Fu)

Rye:
Rye grain
Rye bread
Rye flakes
Rye flour products

Barley:
Barley grain
Pearled barley (partially polished)
Pearl barley (Hato Mugi)
Puffed barley
Barley bread
Barley flour products

Millet:
Millet grain
Millet flour products
Puffed millet
Sweet glutinous millet (Kibi)
Quinoa
Amaranth

Oats:
Whole Oats
Steel-cut oats (scotch oats)
Rolled oats
Oatmeal
Oat flakes
Oat flour products
Puffed oats

Corn:
Corn on the cob
Corn grits
Cornmeal
Tortillas
Arepas (corn balls)
Corn flour products (i.e., cornbread, muffins, dumplings)
Puffed corn
Popcorn
Corn nuts
Other Traditional Grains and Grain Products

Buckwheat:
Buckwheat groats
Kasha
Buckwheat noodles and pasta
Buckwheat flour products

Cooking Styles for Whole Grains

Pressure cooking
Boiling
Steaming
Baking
Frying such as fried rice, fried noodles
Roasting
Other traditionally practiced and commonly used cooking styles

Cooking Varieties for Whole Grains

Cook with a pinch of sea salt
Occasionally cook with: vegetables
beans
other grains
sea vegetables
fish or seafood (paella)
Occasionally cook in soup with vegetables and sea vegetables
Cook as a soft breakfast porridge
Occasionally cook as croquettes or dumplings, noodles or pasta or as bread and baked goods
Other traditionally practiced and commonly used cooking varieties

Seasonings That Can Be Used When Cooking Whole Grains

Season with:
- a pinch of sea salt
- a touch of soy sauce (shoyu)
- fermented soybean and grain paste (miso)
- kombu or other sea vegetable
- pickled plum (umeboshi)
- gravy or a sauce
- other traditionally practiced and commonly used seasonings

Soup

Kinds of Soup:

Soybean soup (miso) with vegetables, sea vegetables, grains, etc.
Clear soup made with soy sauce (shoyu)
Light broth for noodles or pasta
Vegetable soup
Vegetable and sea vegetable (usually wakame or kombu soup)
Bean and vegetable soup, tofu or other bean products with vegetable soup
Grain and vegetable soup
Noodles and pasta with vegetable soup
Fish and vegetable soup
Fish and vegetable and sea vegetable soup
Bread and vegetable soup
Dumpling and vegetable soup
Soup stewed with grains, vegetables, beans, sea vegetables and/or fish and seafood
Other traditionally used and commonly consumed soups

Kinds of Vegetables usually used in Soup

Acorn squash
Bok Choy
Broccoli
Brussel sprouts
Burdock
Buttercup squash
Butternut squash
Cabbage
Carrots
Carrot tops
Celery
Celery root
Chives
Chinese cabbage
Coltsfoot
Dandelion leaves
Danelion roots
Endive
Escarole
Green beans
Hokkaido pumpkin
Hubbard squash
Mountain Potato (jinenjo)
Kale
Leeks
Lambsquarters
Lotus root
Mustard greens Mushrooms
Onion
Parsley
Patty pan squash
Parsnip
Radish
Red cabbage
Rutabaga
Scallions
Shiitake mushrooms
Snap beans
Snow peas
Sprouts
Summer squash
Turnips
Turnip greens
Watercress
Wax beans
White radish (daikon)
White radish greens (daikon)
Other vegetables traditionally used and consumed

Kinds of Grains used in Soup

Brown rice
Corn
Millet
Barley
Oats
Buckwheat
Wholewheat noodles and pasta
Wholewheat dumplings
Buckwheat noodles and pasta
Couscous
Pounded sweet rice (Mochi)
Other traditionally used and consumed grains

Kinds of Beans usually used in Soup

Red beans (Azuki)
Black beans
Chickpeas (garbanzo beans)
Lentils
Split peas
Other bean and bean products such as tofu or tempeh, etc.

Kinds of Sea Vegetables most popularly used in Soup

Leafy sea vegetable (wakame)
Flat-dried sea vegetable (nori)
Kelp sea vegetable (kombu)
Red-purple sea vegetable (dulse)
Other edible sea vegetables

Fish and Seafood Occasionally used in Soup

Carp
Cod
Dried fish
Small dried fish (iriko)
Flounder
Haddock
Herring
Scrod
Snapper
Sole
Trout
Other white-meat fish

Occasional Use Seafood
Cherrystone clam
Littleneck clam
Other clams
Crab
Lobster
Octopus
Oysters
Shrimp

Seasonings for Soup

Soy bean paste (miso)
Soy sauce
Sea salt
Sesame or corn oil (occasionally)
Other traditionally used and consumed condiments

Garnishes for Soup

Grated ginger root
Flat-dried sea vegetable (nori)
Parsley
Scallions
Onions
Others

Vegetables

Kinds of Vegetables

Regular Use

Green Leafy
Bok choy
Carrot tops
Chinese cabbage
Chives
Collard greens
Dandelion leaves
Kale
Leeks
Mustard greens
Parsley
Scallions
Turnip greens
Watercress
Others

Round
Acorn squash
Broccoli
Brussel sprouts
Butternut squash
Buttercup squash
Cabbage
Cauliflower
Hubbard squash
Onion
Pumpkin
Red cabbage
Rutabaga
Turnip
Others

Root
Burdock
Carrots
White radish (daikon)
Mountain potato (jinenjo)
Root of water lily
Lotus Root
Parsnips
Radish
Others

Fungi
Shiitake mushrooms
Maitake mushrooms

Occasional Use Vegetables:

Beets
Celery
Chives
Coltsfoot
Cucumber
Endive
Escarole
Garlic
Green beans
Green peas
Iceberg lettuce
Jerusalem artichoke
Kohlrabi
Lambsquarters
Mushrooms
Patty pan squash
Romaine lettuce
Salsify
Snap beans
Snow peas
Sprouts
Summer squash
Wax beans
Winter melon
Zucchini

Wild grasses that have been used widely for centuries
Other traditionally used and commonly consumed vegetables

Cooking Styles for Vegetables

Raw salad
Pressed salad (salt and pressure added for a few hours to a few days)
Boiled salad (adding vegetables to boiling water and cooking for 1 to 3 minutes)
Boiling
Baking
Broiling
Steaming
Water sautéing
Oil sautéing (using a small volume of vegetable quality oil)
Waterless cooking (cooking with a small volume of water and high steam until the water evaporates)

Deep-frying (usually with a batter made of unrefined whole-wheat flour)
Pickling
Other traditionally used and commonly practiced cooking styles

Seasoning for Vegetable Dishes

Soy bean Paste (miso)
Soy sauce
Sea salt
Brown rice vinegar
Pickled plum vinegar (ume-boshi)
Oil (sesame, olive, corn, mustard seed, safflower, sunflower, canola, and others

Styles of Preparing Vegetables

Cooked separately
Cooked together and served as a casserole
Cooked in soup
Cooked with grains
Cooked with beans or bean products
Cooked with sea vegetables
Used as an ingredient, such as in sushi
Served with noodle or pasta dishes
Cooked and served with fish or seafood
Used as an ingredient in dessert dishes

Beans

Kinds and Uses of Beans and Bean Products

Regular Use

Red beans (azuki)
Chickpeas (garbanzo)
Green or Brown Lentils
Black soybeans
Tofu
Dried Tofu
Fermented soybean (tempeh)
Fermented soybeans (natto)
Residue in making tofu (okara)

Occasional Use

Black-eyed peas
Black turtle beans
Great northern beans
Kidney beans
Lentils (red)
Lima beans
Mung beans
Navy beans
Pinto beans
Soybeans
Split peas and whole dried peas
Other traditionally used and commonly consumed beans

Cooking Styles for Beans

Boiling
Pressure cooking
Roasting
Fermenting
Steaming
Other traditionally used and commonly practiced cooking styles

Cooking Varieties for Beans

Cook beans with a small amount of sea salt or soy bean paste (miso) (added toward the end of cooking)
Cook beans with sea vegetables, usually dried kelp (kombu) (10%)
Cook beans with carrots or onions (20%)
Cook beans with acorn or buttercup squash (30-50%)
Cook beans with chestnuts (10-30%)
Cook beans with vegetables
Cook beans with grains (10%)
Cook beans as a dessert sweetened with barley or rice malt
Other traditionally used and commonly practiced cooking varieties

Seasonings generally used for Beans

Sea salt
Soy bean paste (miso)
Soy sauce
Tamari
Barley malt or rice malt
Oil (vegetable quality)

Garnishes generally used with Beans

Grated ginger root
Grated white radish (daikon)
Grated fresh radish
Grated fresh horseradish
Chopped fresh scallions
Chopped fresh onions
Brown rice vinegar
Sweet brown rice vinegar
Mustard
Pickled plum vinegar (ume-boshi)
Other traditionally used and commonly consumed garnishes

Sea Vegetables

Kinds of Sea Vegetables

Flat-dried sea vegetable (kombu)
Green leafy sea vegetable (wakame)
Flat-dried sea vegetable (nori)
Black leafy vegetable (arame)
Spindle shaped sea vegetable (hiziki)
Red purple sea vegetable (dulse)
Sea palm
Flakes of sea vegetables (agar-agar)
Irish moss
Buds of kombu (mekabu)
Roots of kombu (nekabu)

Cooking Styles for Sea Vegetables

Boiling
Steaming
Sautéing
Deep-frying
Toasting or roasting
Pickling
In waterless cooking
Drying
Raw
Salad Style

Cooking Varieties for Sea Vegetables

Cook sea vegetables: alone
with beans
with grains
in vegetable dishes
as gelatin
in sauces
with fish or seafood
in soup
Other traditional methods

Fish and Seafood

Kinds of Fish and Seafood

Carp
Cod
Flounder
Haddock
Halibut
Herring
Scrod
Smelt
Snapper
Sole
Trout
Other white-meat fish
Dried fish
Small dried fish (iriko)

Occasional Use Seafood
Cherrystone clams
Littleneck clams
Other clams
Crab
Lobster
Octopus
Oysters
Shrimp

Infrequent Use Fish
Bluefish
Salmon
Sardines
Swordfish
Tuna
Other blue-skinned and red-meat varieties

Varieties of Cooking Styles for Fish and Seafood

Raw and fresh (sashimi)
Marinated
Steamed
Boiled
Baked
Broiled
Sautéed
Pan-fried
Deep-fried (tempura)
Dried and then boiled
Dried and then steamed
Dried and then baked
Fish flakes
Pickles
Smoked
Other traditionally used and commmonly practiced cooking styles

Cooking varieties for Fish and Seafood

Cooked in soup
Cooked as a separate dish
Cooked in stew
Cooked with grains (paella)
Cooked with vegetables
Cooked with sea vegetables
Used as flavoring and seasoning in soup, vegetable dishes, and other dishes
Served with raw fresh salad
Served as fish cake
Other traditionally used and commonly prepared varieties

Garnishes used to Balance Fish and Seafood Dishes

Chopped scallions
Grated white radish (daikon)
Grated radish
Grated ginger root
Green mustard paste
Grated horseradish
Shredded white radish (daikon)
Raw fresh salad
Lemon
Orange
Fresh beefsteak plant leaves (shiso leaves)
Other traditionally used and commonly consumed garnishes

Seasonings for Fish and Seafood

Sea Salt
Soy sauce
Soy bean paste (miso)
Tamari

Ginger
Lemon
Black peppercorns
Red pepper
Rice vinegar
Pickled plum vinegar (umeboshi)
Sesame oil, corn oil, safflower oil, mustard seed oil, olive oil
Fermented sweet rice sweetener (mirin)
Tofu sauce seasoned with some of the above ingredients
Vegetable root sauce (kudzu) seasoned with some of the above ingredients
Oil sauce seasoned with some of the above ingredients
Other traditionally used and commonly consumed seasonings

Fruit

Kinds of Fruit

Apples
Apricots
Blackberries
Cantaloupe
Grapes
Grapefruit
Honeydew melon
Lemons
Mulberries
Oranges
Persimmon
Peaches
Pears
Plums
Raisins
Raspberries
Strawberries
Tangerines
Watermelon

Variety of Serving Styles for Fruit

Fresh and raw
Fresh, raw, and soaked in lightly salted water
Grated
Boiled
Baked

Steamed
Juice as a beverage or flavoring
Preserved
Spread on bread or other baked flour products
As an ingredient in stuffing
As a dessert
As an ingredient and flavoring in vegetable root gelatin (kudzu) or flakes of sea vegetable gelatin (agar-agar)
Baked in bread
Dried fruit as a snack, garnish, or dessert
Pickled fruit
Deep-fried fruit (in a batter)
Served as a garnish
Fermented beverages
Other traditionally used and commonly consumed serving styles

Pickles

Kinds of Food Often Used in Making Pickles

Burdock root
Broccoli
Cabbage
Carrots
Cauliflower
Chinese cabbage
Cucumbers
Daikon
Garlic
Leeks
Lotus root
Mustard greens
Olives
Onions
Pumpkin
Radishes, red and white
Red cabbage
Scallions
Squash
Tofu
Turnips
Apricots
Anchovies
Caviar
Herring
Salmon
Sardines
Other traditionally used and commonly selected food for making pickles

Methods Used in Making Pickles

Salt pickles
Salt and water pickles
Bran pickles
Brine pickles
Soybean paste (miso) pickles
Sake lees pickles
Soy sauce pickles
Sauerkraut
White radish (daikon) pickles (takuwan)
Pickled plum pickles (umeboshi)
Amazake pickles
Other traditionally used and commonly practiced pickling methods

Nuts

Kinds of Nuts

Almonds
Chestnuts
Filberts
Peanuts
Pecans
Pinenuts
Spanish nuts
Walnuts

Less Frequent Use
Brazil nuts
Cashews
Hazels
Macadamia nuts
Pistachio nuts
Other traditionally used and commonly consumed nuts

Variety of Serving Styles for Nuts

Roasted with sea salt
Roasted without sea salt
Roasted and sweetened with barley malt
Roasted and sweetened with rice malt
Toasted and seasoned with soy sauce
Ground into nut butter
Shaved and served as a topping, garnish, or ingredient in other dishes
Cooked in grain flour products such as cookies, cakes, muffins, pastries, pies, and other desserts and breads
Served with dried fruits as a snack
Other traditionally used and commonly practiced serving methods

Seeds

Kinds of Seeds

Black sesame seeds
White sesame seeds
Hulled sesame butter (tahini)
Sesame butter unhulled
Pumpkin seeds
Squash seeds
Sunflower seeds
Poppy Seeds
Plum seeds
Pickled plum seeds (umeboshi)
Alfalfa seeds
Other traditionally and commonly consumed seeds

Variety of Serving Styles for Seeds

As Condiments
Dried and ground
Roasted and ground
Roasted and ground with sea salt

With pickled plum (umeboshi) powder and sea salt
With soy bean paste (miso)

As Garnishes:
Sprinkled on various dishes such as grains, soups, vegetable dishes, beans, fish and seafood, fruit, and desserts

Seasonings Commonly Used with Seeds

Sea salt
Soy sauce
Soy bean paste (miso)
Barley malt
Rice malt
Other traditionally used and commonly consumed seasonings

Snacks

Kinds of Snacks

Grain-Based Snacks
Cookies, crackers, wafers, pancakes, muffins, bread, puffed brown rice, barley, oats, millet, corn, popcorn
Sweet rice steamed and pounded (mochi)
Noodles and pasta
Rice balls
Rice cakes
Homemade sushi
Roasted grains
Other traditionally used and commonly consumed natural snacks

Bean-Based Snacks
Roasted beans
Boiled beans

Nut-Based Snacks

Nuts roasted and seasoned with:
- sea salt
- soy sauce
- barley malt
- rice malt

Nuts used in cookies, crackers, and as an ingredient in other baked flour products

Seed-Based Snacks

Seeds roasted and seasoned with:
- sea salt
- soy sauce
- barley malt
- rice malt

Seeds used in cookies, crackers, and as an ingredient in other baked flour products

Sea Vegetable-Based Snacks

Sea vegetable crackers
Baked sea vegetables
Fried sea vegetables
Sea vegetables also as an ingredient in crackers, cookies, and other grain flour products

Fruit-Based Snacks

Fresh fruits
Cooked fruits
Dried fruits
Fruit used as an ingredient in cookies, muffins, and other grain flour products
Other traditionally used and commonly consumed fruit snacks

Condiments

Kinds of Condiments

Roasted sesame seeds and sea salt (gomashio)
Sea vegetable powder
Sea vegetable powder with roasted sesame seeds
Condiment made from soybean miso, sesame oil, burdock, lotus root, carrots, and ginger root (tekka)
Pickled plum (umeboshi)
Pickled plum (umeboshi) and raw scallions or onions
Kombu cooked with soy sauce and water (shio kombu)
Pickled beefsteak plant leaves (chopped shiso leaves)
Roasted beefsteak plant leaves (shiso leaves)
Green thin dried sea vegetable (nori)
Dried pieces of green leafy sea vegetable (wakame)
Yellow mustard
Green mustard
Cooked soy bean paste (miso) with scallions or onions
Cooked thin dried sea vegetable (nori) condiment
Roasted sesame seeds
Other traditionally used and commonly consumed condiments

Seasonings

Kinds of Seasonings

Unrefined sea salt
Soy sauce
Soybean paste (miso)
Barley bean paste (miso)
Rice bean paste (miso)
Soybean bean paste (miso)

Sesame bean paste (miso)
Other traditionally used and commonly consumed soy bean paste (miso)
Rice vinegar
Brown rice vinegar
Pickled plum (umeboshi) vinegar
Sauerkraut brine
Sweet cooking wine (mirin)
Tamari
Beverage made from fermented sweet brown rice (amasake)
Barley malt
Rice malt
Grated ginger root
Grated white radish (daikon)
Grated radish
Horseradish
Pickled plum (umeboshi) paste
Pickled plum (umeboshi)
Lemon juice
Tangerine juice
Orange juice
Freshly ground black pepper
Red pepper
Green mustard paste
Yellow mustard paste
Sesame oil
Corn oil
Safflower oil
Mustard seed oil
Olive oil
Fermented rice wine (sake)
Residue in making sake fermented rice wine (sake lees)
Other natural seasonings that have been traditionally used

Garnishes

Kinds of Garnishes

Grated white radish (daikon)
Grated radish
Grated horseradish
Chopped scallions
Grated ginger, green mustard paste, freshly ground pepper, lemon pieces, lime pieces
Red pepper

Desserts

Kinds of Desserts

Red beans (azuki) sweetened with barley malt or rice malt
Red beans (azuki) cooked with chestnuts
Red beans (azuki) cooked with squash
Vegetable root gelatin (kudzu) sweetened with barley malt, rice malt, fresh fruit, or dried fruit
Flakes of sea vegetables (agar-agar) cooked with barley malt, rice malt, fresh fruit, or dried fruit
Fresh fruit
Cooked fruit
Dried fruit
Dried fruit with seeds and nuts
Fruit pies including apple, peach, strawberry, berry, and other temperate climate fruits.
Vegetable pies including squash, pumpkin, parsnip, and others made with naturally sweet vegetables.
Fruit crunch including apple, peach, strawberry, berry, and

other temperate climate fruits.

Grain desserts sweetened with dried fruits, barley malt, rice malt, amasake, fresh fruit, e.g., couscous cake, Indian pudding, rice pudding, amasake pudding, and other naturally sweetened desserts.

Baked flour desserts such as cookies, cakes, pies, muffins, breads, and others prepared with natural sweeteners including fruits and grain sweeteners, sweet vegetable jam (squash butter, onion butter, carrot butter or combination).

Beverages

Kinds of Beverages

Regular Use

Bancha twig tea (kukicha)
Bancha stem tea
Roasted barley tea
Roasted brown rice tea
Spring water
Well water

Occasional Use

Cereal grain coffee
Dandelion tea
Kombu tea
Pickled plum (umeboshi) tea
Burdock root tea
Lotus root tea
Herb tea (mu tea)
Sweet rice beverage (amasake)
Carrot juice
Celery juice
Sweet vegetable drink (tea from onion, cabbage, squash & carrot)

Other traditionally used and commonly consumed non-stimulating, non-aromatic natural herb teas (made from seed, leaves, stems, bark, or roots)

Less Frequent Use

Green tea
Barley green juice
Vegetable juice
Fruit juice (apple juice, grape juice, apricot juice, and other temperate climate fruit juices) and cider
Beer (more naturally fermented quality)
Wine (more naturally fermented quality)
Sake (fermented rice wine)
Soy milk (preferably prepared with kombu)
Other juices made from fruits and vegetables that have been traditionally grown and consumed in a temperate climate
Other weak alcohol beverages traditionally and commonly consumed

Modifications

In some instances, such as occasional requirement for nutritional balance or special social events, the Standard Macrobiotic Diet can be further modified temporarily to include some other foods such as salmon, tuna, other red-meat or blue-skinned or fatty fish, organic fertilized fowl's eggs, caviar, and other fish eggs, white-meat poultry, cow's skim milk or goat's milk, traditionally fermented cheese and yogurt, unrefined honey, maple syrup, and beet sugar.

These modifications are to be made according to individual requirements and necessity though within the Standard Diet, these foods would not be regularly and commonly recommended in daily practice to maintain health and well being.

Healthful Eating Hints

1. Eat regularly, two to three meals a day. When very physically active, the frequency of meals may be increased to four times a day.

2. Every meal should include grain or grain products. Grain and grain products ideally comprise about 50% of the daily intake of food.

3. Variety in food selection and preparation, proper combinations of foods, and proper cooking are essential.

4. Cooking is to be done with a peaceful mind, with love, and with care.

5. Snacks are to be eaten in moderation. They should not replace a regular meal.

6. Beverages may be consumed comfortably as desired.

7. Refrain from eating before bedtime, preferably three hours, to allow for proper digestion.

8. Try to chew each mouthful very well, until it becomes liquid.

9. Volume of food varies according to individual need.

10. Eat with the spirit of gratitude and appreciation for all people, society, nature, and the universe as a whole.

Part IV
One Week Meal Planner

DAY ONE

BREAKFAST:
- *Kushi Cuisine*™ Quick Morning Porridge Cereal
- Sourdough Bread with Apple Butter
- Grain Coffee

LUNCH:
- *Kushi Cuisine*™ Wheat Udon Style Noodles with Red Sauce
- *Kushi Cuisine*™ Vegetable Medley: Carrots-Squash-Onions-Cabbage
- Sesame Rice Cakes with Strawberry Jam
- Carrot Juice

DINNER:
- *Kushi Cuisine*™ Instant Miso Soup with Garden & Sea Vegetable Medley
- Baked Halibut with *Kushi Cuisine*™ Premium Traditional Soy Sauce
- *Kushi Cuisine*™ Quick Brown Rice with Garden & Sea Vegetables
- Garden Salad with *Kushi Cuisine*™ Sesame Garlic Salad Dressing
- Peach Crisp or Peach Cobbler
- Roasted Brown Rice Tea

DAY TWO

BREAKFAST:

Brown Rice Cereal with Fresh Strawberries and Rice Milk
Blueberry Corn Muffin
Bancha Twig Tea

LUNCH:

Kushi Cuisine™ Instant Lentil Soup with Garden & Sea Vegetable Medley
Kushi Cuisine™ Wheat & Buckwheat Soba Style Noodles with Soy-Ginger Sauce
Steamed Broccoli
Mixed Fresh Berries
Spring Water with Lemon Wedge

DINNER:

Kushi Cuisine™ Instant Chicken-Free Vegetarian Noodle Soup
Kushi Cuisine™ Quick Long-Grain Brown & Wild Rice with Garden Vegetable Medley
Kushi Cuisine™ Quick Pinto Beans with Garden & Sea Vegetables
Tender Kale with *Kushi Cuisine*™ Roasted Sesame Sea Salt Blend
Apple Raisin Pudding
Roasted Barley Tea

DAY THREE

BREAKFAST:
Kushi Cuisine™ Quick Morning Millet Cereal
Rice Cakes or Sourdough Bread with Apple Butter Spread
Sweet Rice Beverage
Roasted Barley Tea

LUNCH:
Kushi Cuisine™ Instant Chicken-Free Vegetarian Noodle Soup
Kushi Cuisine™ Quick Fried Rice with Garden Vegetables
Garden Salad with *Kushi Cuisine*™ Sesame Garlic Salad Dressing
Kushi Cuisine™ Crispy Rice Bar - Raspberry
Herb Tea

DINNER:
Kushi Cuisine™ Instant Garden and Sea Vegetable Soup Medley
Thin Wheat Somen Style Noodles with Zesty White Sauce
Baked Sole with Lemon Juice
Kushi Cuisine™ Vegetable Medley: Carrots-Green Peas-Corn-Onions
Carrot Cake
Spring Water

DAY FOUR

BREAKFAST:
- Buckwheat Pancakes with Maple Syrup
- Corn Muffin
- Roasted Brown Rice Tea

LUNCH:
- *Kushi Cuisine*™ Quick Red Azuki Beans with Fruit & Sea Vegetables
- *Kushi Cuisine*™ Wheat Udon Style Noodles with Red Sauce
- Cabbage Cole Slaw
- Spring Water

DINNER:
- *Kushi Cuisine*™ Instant Tomato-Free Minestrone Soup
- Sourdough Bread
- Vegetarian Lasagna with *Kushi Cuisine*™ Tomato-Free Red Pasta Sauce
- Green Tossed Salad with *Kushi Cuisine*™ Sesame Garlic Salad Dressing
- Organic Wine

DAY FIVE

BREAKFAST:
Whole Grain Oatmeal with Rice Syrup
Apple Juice
Grain Coffee

LUNCH:
Kushi Cuisine™ Instant Garden & Sea Vegetable Soup Medley
Kushi Cuisine™ Quick Seasoned Navy Baked Beans
Garden Salad
Carrot Juice

DINNER:
French Onion Soup
Kushi Cuisine™ Quick Medium Brown Rice with Red Azuki Beans
Kushi Cuisine™ Vegetable Medley: Corn-Green Peas-Corn-Onions
Cherry Cobbler
Roasted Barley Tea

DAY SIX

BREAKFAST:

Kushi Cuisine™ Quick Morning Porridge Cereal
Whole Wheat Sourdough Bread with Strawberry Jam
Brown Rice Tea

LUNCH:

Kushi Cuisine™ Instant Miso Soup with Garden & Sea Vegetable Medley
Kushi Cuisine™ Quick Whole Wheat Couscous with Garden Vegetables
Steamed Broccoli and Cauliflower seasoned with *Kushi Cuisine*™ Premium Wheat Free Soy Sauce
Amasake

DINNER:

Kushi Cuisine™ Instant Tomato-Free Minestrone Soup Medley
Kushi Cuisine™ Wheat & Buckwheat Soba Style Noodles with Soy Ginger Sauce
Bright Boiled Greens with *Kushi Cuisine*™ Roasted Sesame Sea Salt Blend
Broiled Red Flounder with Lemon Juice
Stewed Pears
Grain Coffee with Rice Milk

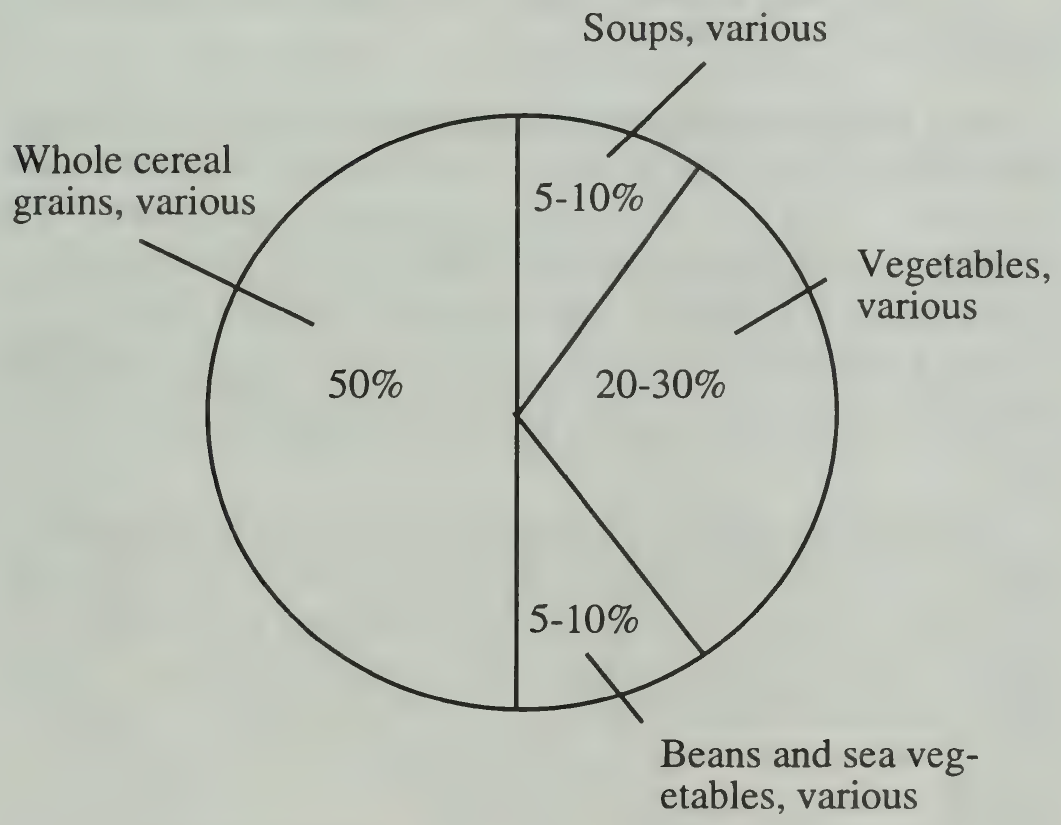
DAY SEVEN

BREAKFAST:
- *Kushi Cuisine*™ Quick Morning Millet Cereal
- Fruit Salad (Apples, Grapes, Honeydew Melon)
- Herb Tea

LUNCH:
- *Kushi Cuisine*™ Instant Miso Soup with Garden & Sea Vegetable Medley
- *Kushi Cuisine*™ Wheat Udon Style Noodles with Red Sauce
- Romaine & Red Onion Salad with *Kushi Cuisine*™ Sesame Garlic Salad Dressing
- Apple Juice

DINNER:
- Mushroom and Barley Soup
- *Kushi Cuisine*™ Quick Vegetarian Soybean Stew
- *Kushi Cuisine*™ Vegetable Medley: Carrots-Squash-Onions-Cabbage
- Chickpea and Lentil Salad
- Almond Mocha Pudding
- Amasake

Standard Macrobiotic Diet



Plus occasional supplementary foods:
Fish and seafood, using less fatty varieties
Seasonal fruits, cooked, dried, and fresh
Nuts and seeds, various
Naturally processed seasonings, condiments, pickles, and garnishes
Naturally sweetened snacks and desserts
Natural nonaromatic and nonstimulant beverages, various

Macrobiotic Resources

The following organizations offer further information on the macrobiotic diet and way of life:

The Kushi Institute is an educational center for macrobiotic studies located in the Berkshire mountains of western Massachusetts. The K.I. offers weekly programs in macrobiotic cooking, as well as periodic seminars by Michio Kushi, and an annual Summer Conference attracting people from across the country and around the world. For a free brochure of programs and activities, pleace contact: Kushi Institute, P.O. Box 7, Becket, MA 01223, Tel. (413) 623-5741, Fax (413) 623-8827.

The One Peaceful World Society was founded by Michio Kushi as an international macrobiotic information network and includes thousands of individuals and families. Activities include publishing and communications, educational tours, and international food aid to communities and countries in need. Membership is $30 a year for individuals and $50 a year for families. Benefits include a subscription to the *One Peaceful World Journal*, a free copy of *Rice Is Nice*, the new introductory macrobiotic cookbook by Wendy Esko, and discounts on other books and study materials. For further information and a free catalogue of books, please contact: One Peaceful World, P.O. Box 10, Dept. A, Becket, MA 01223, Tel. 413-623-2322, Fax (413) 623-8827.

Kushi Macrobiotics Corp. Background

Kushi Macrobiotics Corp. was formed in May 1994 with the objective to produce and market a full line of high quality natural foods based on Michio Kushi's Standard Macrobiotic diet.

In an effort to have the benefits of proper diet and nutrition that he refined during the past 40 years available to the maximum number of people, Michio Kushi developed the Standard Macrobiotic Diet, a non-therapeutic menu plan for the general population. Working with Mr. Kushi, Kushi Macrobiotics Corp. created a convenient, diverse product line that could satisfy the dietary and nutritional needs of the masses.

Before *Kushi Cuisine*™ , great tasting Macrobiotic quality meals involved complicated and time consuming preparation. Through the magic of marrying modern food science with refined Macrobiotic nutritional principles, *Kushi Cuisine*™ has cut the preparation time to under 25 minutes—and most of the shelf stable products are complete meals in a single package, containing 9 to 11 ingredients and very generous portions.

Through the creation of a weekly meal planner (found in section IV of this book) featuring breakfast, lunch, dinner and snack recommendations, *Kushi Cuisine*™ products enable consumers to conveniently select a majority of their natural and specialty food needs from a single product line.

MICHIO KUSHI

BRIEF

Michio Kushi, 69, is Chairman of the Board and Director of Research of Kushi Macrobiotics Corp. Born and reared in Japan, Kushi graduated from Tokyo University having studied philosophy and English literature. Upon witnessing the devastation of World War II, he decided to dedicate his life to the achievement of world peace and the development of humanity.

In 1949 Michio Kushi came to the United States and furthered his graduate studies at Columbia University. During that time, he dedicated himself to the idea of a more peaceful humanity, and studied the teachings of oriental philosophers who taught that food was the key to health, and health the key to peace.

While living in New York, Michio Kushi experienced positive changes in his own health and well-being after changing his way of eating. For the next ten years he studied traditional and modern approaches to diet and nutrition, particularly "Macrobiotics," the healthy, common-sense pattern of eating centered around whole grains, vegetables, and other minimally processed foods.

In the 1960s, Michio Kushi and his family moved to Boston and founded Erewhon, the first distributor in the United States to make healthful, organically grown, naturally processed foods available across the nation.

During the last 25 years, Michio Kushi founded the Kushi Institute, an educational organization for the training of macrobiotic teachers, counselors, cooks and lifestyle advisers. With interest in the macrobiotic philosophy steady and strong, the Institute expanded to include many worldwide affiliates.

In the 1990s, Michio Kushi developed the One Peaceful

World Network, a global membership organization based in the Berkshire Mountains of Massachusetts, from where the principles of macrobiotics, including educational seminars, health guidance, and lifestyle orientation are taught to people of many countries.

Today, in addition to being recognized as a leader of the international macrobiotic community, Michio Kushi is the author of more than 70 books, a world-renowned lecturer, and the September 1994 recipient of the AWARD OF EXCELLENCE of the The United Nations Society of Writers.

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This copy of
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